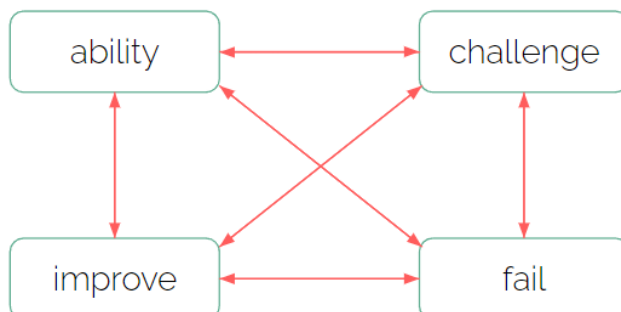


## Rethinking your mindset

**1. Discuss all the possible connections between the words below.**

EXAMPLE:

**Challenges** can have a positive effect on our **abilities** because they make us better at what we do.



**2. Look at the definition and discuss the questions.**

**mindset**  
the way a person thinks; a person's opinions

- In what situations does a person's mindset change?
- Why is it sometimes difficult for us to change our mindset?
- Which of the heads in the picture represents *growth mindset* and which represents *fixed mindset*? What is the difference between them?



**3. Look at the information from the beginning of a video and guess what word is missing in each gap. Then, watch the first part of the [video](https://youtu.be/M1CHPnZfFmU) [https://youtu.be/M1CHPnZfFmU] (to 00:30) and check your answers.**

Professor Carol Dweck uses the term 'mindset' to describe the way people think about ability and talent. According to Dweck, '**fixed** mindset' means that we think our abilities can't change, and '**growth** mindset' means that we believe that we can **improve** our abilities through practice.

**4. Match the halves to create phrases.**

- |                                    |                         |
|------------------------------------|-------------------------|
| a) take a <b>3</b>                 | 1) obstacle             |
| b) solve a <b>2</b>                | 2) problem              |
| c) be more likely <b>7</b>         | 3) risk                 |
| d) view critical feedback <b>4</b> | 4) as a personal attack |
| e) avoid <b>6</b>                  | 5) experiment           |
| f) face an <b>1</b>                | 6) challenges           |
| g) be less likely to <b>5</b>      | 7) to succeed           |

**5. Discuss whether you think the statements describe a person with a growth mindset or fixed mindset.**

- a) views failure as something negative **fixed mindset [00:30]**
- b) is less likely to view critical feedback as a personal attack **growth mindset [00:39]**
- c) will probably choose a less complicated task **fixed mindset [00:52]**
- d) sees an obstacle as a chance to solve problems **growth mindset [01:11]**
- e) sees life as a journey of improvement **growth mindset [01:24]**

**6. Watch the rest of the [video](#) (from 00:30) and check your answers in ex. 5.**

[Before the next activity, you could ask your students to create nouns from the following verbs: *succeed* (*success*), *improve* (*improvement*), *develop* (*development*), *solve* (*solution*), *achieve* (*achievement*), *fail* (*failure*), *avoid* (*avoidance*).]

**7. Choose the correct answer.**

- a) Are people with a growth mindset more likely to **succeed** than people with a fixed mindset? Why/Why not?  
1) **succeed**            2) success            3) succeeding
- b) Can all abilities be **improved** through practice? Can you think of any situations in which they can't?  
1) improvement    2) improve            3) **improved**

## Rethinking your mindset

- c) Is viewing critical feedback as a chance to **develop** always the best thing to do?  
1) developed      2) development      3) **develop**
- d) Is experimenting a good way of finding **solutions** to problems? In what situations?  
1) solves      2) **solutions**      3) solving
- e) Do you agree that it is better to have a growth mindset? What can a person do to **achieve** it?  
1) achievement      2) **achieve**      3) achieved
- f) How can we use **failure** as a chance to learn?  
1) **failure**      2) fail      3) failed
- g) How do you feel about challenges? Do you try to **avoid** them?  
1) avoidance      2) avoided      3) **avoid**

### 8. Discuss the questions in ex. 7.

[You can choose to do only one of the next two activities, depending on your students' interests.]

### 9. ***Growth mindset*** can refer not only to individuals, but also to organizations. Choose a company, an institution or a public body you know and discuss whether you think it has a growth mindset and why. Use the questions below as a guide. Give some examples.

- Do the employees feel they are an important part of the organization? Are their ideas appreciated?
- Are the employees happy to improve their abilities? Does the organization encourage them to do so?
- Does the organization experiment and take risks?
- How does the organization see achievement and failure?
- What could the organization improve?

10. The school your child attends has decided to support pupils who face learning challenges. In pairs, discuss why the images and slogans below are suitable or not for the poster promoting the project. Then, choose the best image and slogan and explain your decision to the rest of the class.

**SLOGANS:**

- *Failure is never the end of the world.*
- *Every problem has a solution. Can't find one? Talk to people you trust!*
- *Don't avoid obstacles. Face them.*
- *There is no success without challenge.*
- *Work hard. Improve. Succeed.*